

Stigma Reduction in the Marine Corps



USMC Combat Operational
Stress Control (COSC)

**DCOE Stigma Reduction Webinar
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**Thomas A. Gaskin, PhD
USMC Operational Stress Control and Readiness
(OSCAR) Program Manager**



Problem and Solutions

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL

Problem:

Stigma:

- Keeps Marines and families from getting the help they deserve.
- Impacts mission readiness, force preservation, and long-term health.

Solutions:

- Educate leaders and Marines on causes and effects of stress
- Normalize deployment-related stress (common, involuntary)
- Reduce institutional sources of stigma (policies, directives)
- Leverage USMC culture at **all** levels for change
- Publicize good news stories (successes, stats)



Stress Continuum

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL

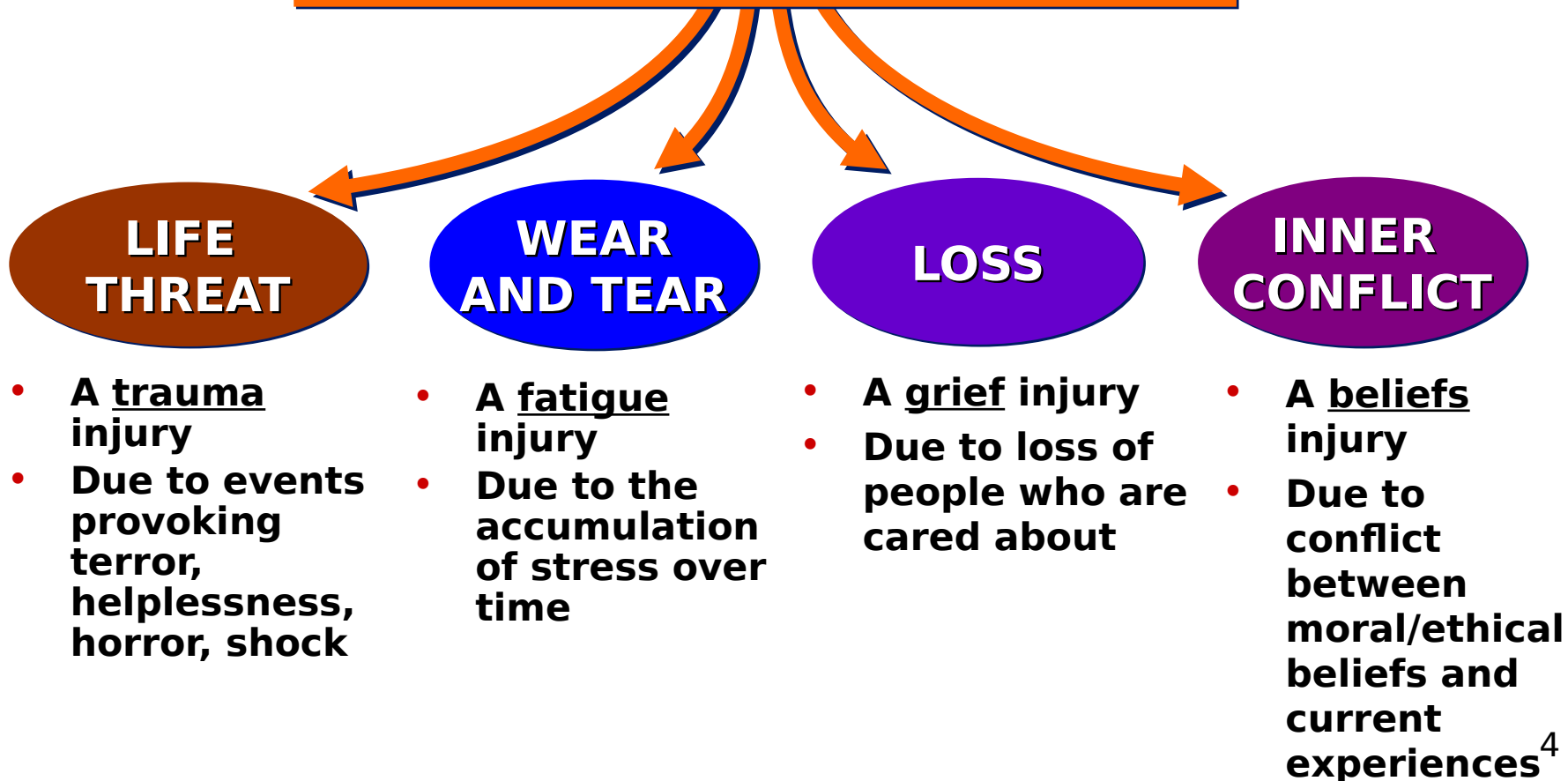
READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Good to go • Well trained • Prepared • Fit and tough • Cohesive units, ready families 	<ul style="list-style-type: none"> • Distress or impairment • Mild, transient • Anxious or irritable • Behavior change 	<ul style="list-style-type: none"> • More severe or persistent distress or impairment • Leaves lasting evidence (personality change) 	<ul style="list-style-type: none"> • Stress injuries that don't heal without intervention • Diagnosable PTSD • Depression • Anxiety • Addictive Disorder



Sources of Stress Injury

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL

Intense or Prolonged Combat or Operational Stress





Mechanisms of Stress Injury

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL



Biological

Memory problems: Damage to memory center
Overreaction: Lowered threshold for fear response
Hypervigilance: Neurotransmitters on overdrive
Depression/anxiety: Neurotransmitters get used up
Personality change: Diminished control of emotion and impulses



Psychological

Trouble making sense of fragmented memories
Severe self-blame or guilt
Grief over lost friends and acquaintances
Feeling out of control



Social/Spiritual

Can't forgive self or others
Loss of trust
Loss of purpose
Loss of social support



Barriers to Seeking Help

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL

- Stress injuries are invisible, unlike physical injuries
- Stress injuries can be subtle in their early stages
- Stress injuries may not be evident until return home
- Warfighters hide their stress injuries
 - Don't want to appear weak
 - Ashamed to admit problems
 - Worried it will affect their career
 - Want to return to combat theater with their unit
 - Hope it will just go away and not affect performance



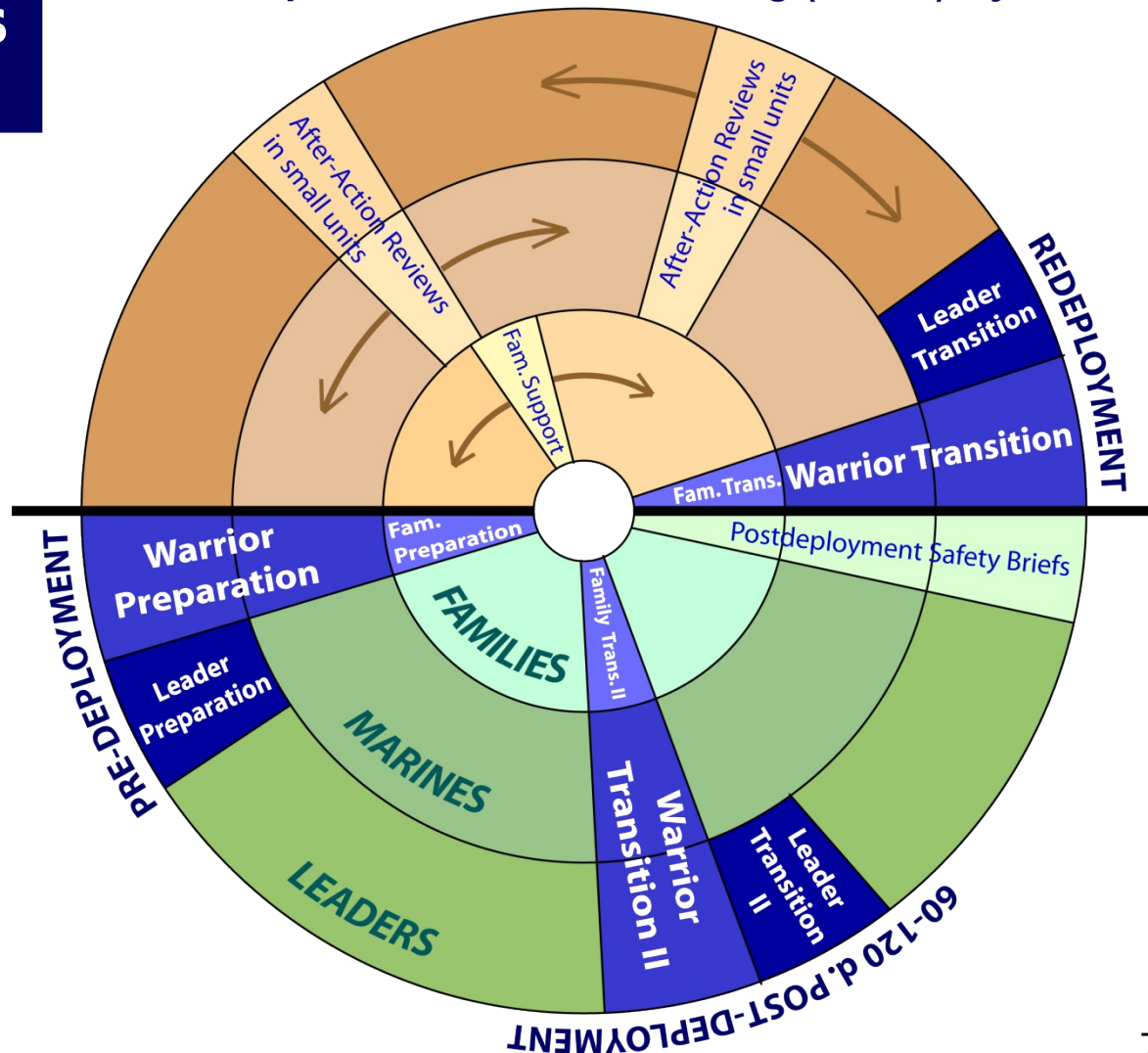
Deployment Cycle Training

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL

COSC Awareness Briefs

- Leader Preparation
- Warrior Preparation
- Family Preparation
- **Before Redeployment**
 - Leader Transition
 - Warrior Transition
 - Family Transition
- **Post-deployment (60-120 days)**
 - Leader Transition II
 - Warrior Transition II
 - Family Transition II

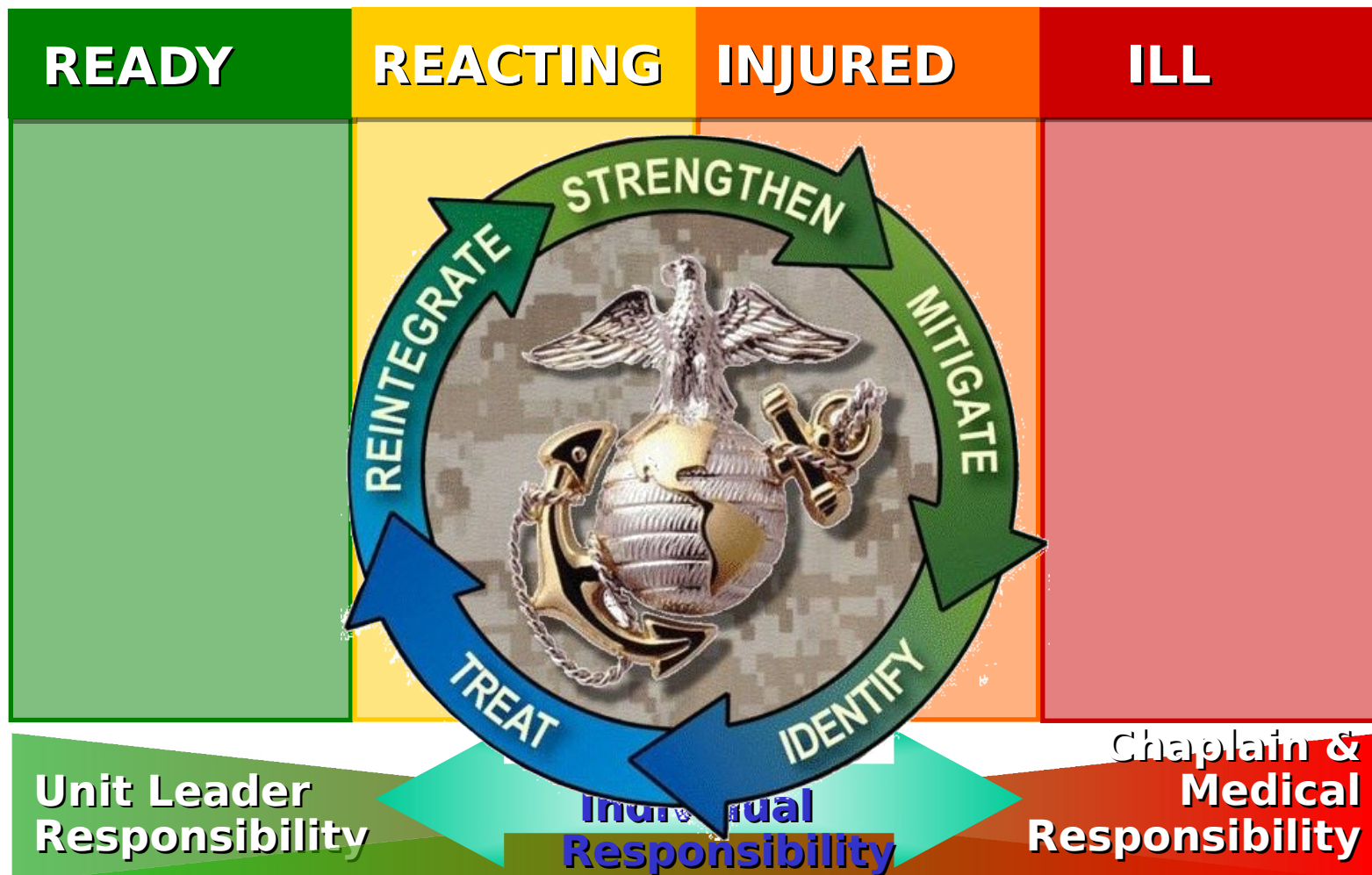
Marine Operational Stress Training (MOST) Cycle





Five Core Leader Functions

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL



OSCAR

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL



**Operational
Stress
Control
And
Readiness
(OSCAR)**



How OSCAR Works

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL



Mentors

Identify, support, and advise
Marines on COSC

**OSCAR-trained
Marine leaders and peers
(Collateral)**

Extenders

Provide medical or
Chaplain services

**OSCAR-trained medical provider
chaplains, corpsmen, and RPs
(Collateral)**

Mental Health Professionals

Provide MH
diagnosis
and treatment

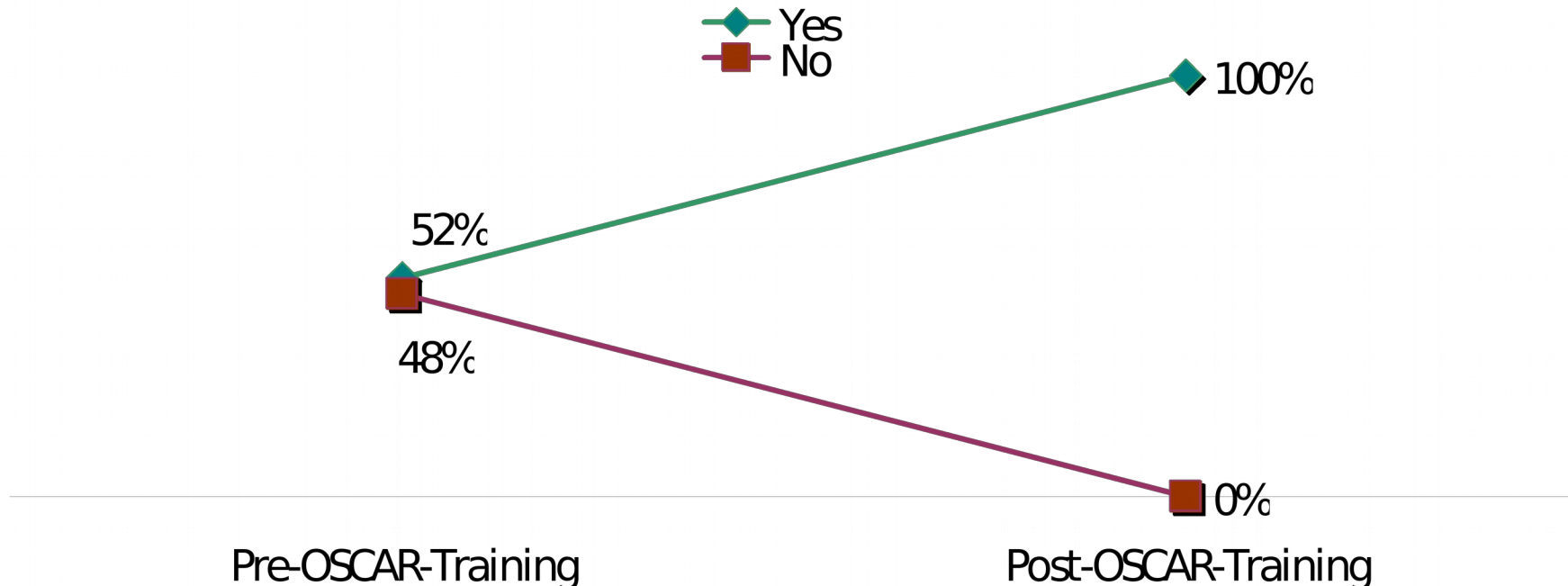
**OSCAR-trained mental health provider
and psych techs assigned to operational
(Full-time)**



OSCAR Satisfaction

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL

Do you have the tools you need to help identify and manage combat operational stress in your Marines?





Behavioral Health Information Network (BHIN)

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL

- Information portal for Marines, families, educators and caregivers
- Free educational tools and products:
 - Brochures
 - Pamphlets
 - Quick Series
 - Wallet Cards
 - Posters
 - DVD/CD
 - Online:
 - <http://bhin.usmc-mccs.org>

Behavioral Health Information Network

Home Marine Family Professional Contact Us Ordering Guidelines

Free Educational Behavioral Health Tools

Marine Corps Behavioral Health Information Network

The BHIN is a web-based clearinghouse for the latest information and tools for Marines and their families on prevention and other resources concerning behavioral health.

These free educational materials are excellent tools that will assist units and installation support services in their efforts to educate the military community about building resiliency, recognizing reactions and determining the need for help. The materials are available in print and media form to include: brochures, wallet cards, posters, workbooks, Quick Series and DVDs.

Resources

Behavioral Health Programs

- Combat & Operational Stress Control
- Suicide Prevention
- Substance Abuse
- Sexual Assault Prevention
- Family Advocacy Program

Links

- United States Marine Corps
- USMC Wounded Warrior Regiment
- Marine Corps Family Team Building
- Deployment Support
- Real Warriors Campaign
- Defense Center of Excellence
- Naval Center COSC
- Leaders Guide for Managing Marines in Distress

Marine **Family** **Professional**

ORDER ONLINE **ORDER ONLINE** **ORDER ONLINE**

Questions? Comments?



USMC Combat Operational
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POC: Dr. Tom Gaskin, PhD

Phone: 703-432-9563

Email: cosc@usmc.mil

Website: www.manpower.usmc.mil/cosc